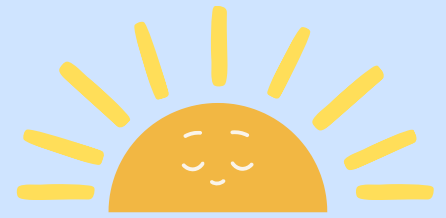




NORTHEAST SOUTH DAKOTA
HEADSTART



NEWSLETTER

SEPT-OCT
2025

A Note From The Director

Welcome back! We're so excited to kick off another great year with you and your little ones.

We hope you had a fun and relaxing summer. Our team has been getting everything ready, and we're looking forward to a year full of learning, growth, and lots of smiles.

Whether you're returning or new to NESD Head Start, we're so glad you're here.

Thanks for being part of our Head Start family—we're ready for an amazing year ahead!

Juli Schultz



Dates To Remember

- August 12th Policy Council and Board Meetings
- August 18th Full Day Parent Child Day
- August 19th Full Day Classes Begin
- September 5th Full Day Has Classes
- September 9th Policy Council and Board Meeting
- September 19th Holiday-No classes
- October 13th Holiday- No Classes
- October 14th Policy Council and Board Meetings
- October 17th Full Day Has Classes



Immediate Impacts: *Giving America's Children the Head Start Advantage*

Decades of research have documented the impacts of Head Start. Findings show that children who participate in Head Start programs receive countless benefits. These impacts appear immediately, last a lifetime, and even benefit the subsequent generation. These advantages include:



Head Start children significantly reduce their vocabulary gap during the program year.



Head Start children finish with higher scores on all cognitive and social-emotional domains.



Head Start children are more likely to have received dental checkups.



Head Start children have healthier BMIs by the end of the program year.



Head Start children in foster care or non-parental care are more ready for school.



Head Start children exhibit fewer problem behaviors, such as aggression and hyperactivity.



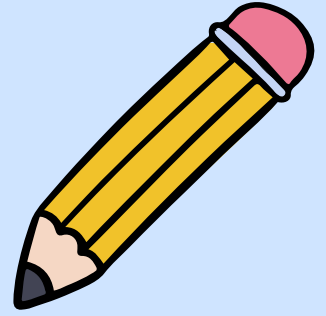
Head Start children have lower mortality rates for relevant causes, such as asthma or anemia.



Head Start children are more likely to have received vaccinations.



Back to School



CHECKLIST

Schedule and attend a Well Child exam

Schedule and attend a dental exam

Get needed immunizations

Help your children make healthy food choices

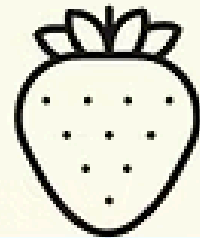
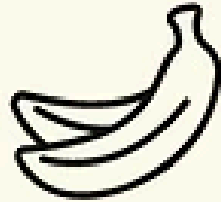
Resume a school sleep schedule

Make time for exercise/ physical activity

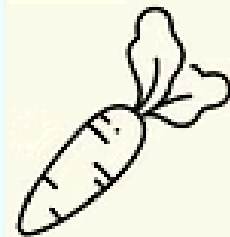
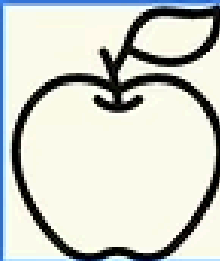
EAT YOUR
FRUITS AND
VEGGIES

Daily Checklist

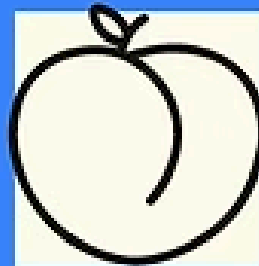
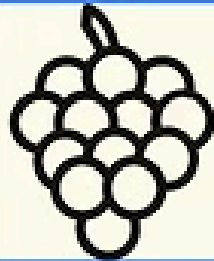
Monday



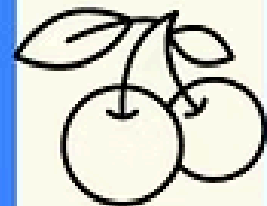
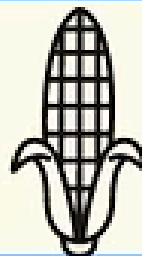
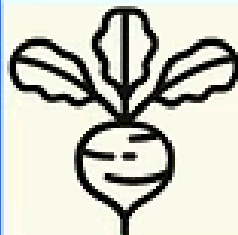
Tuesday



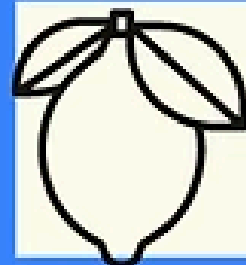
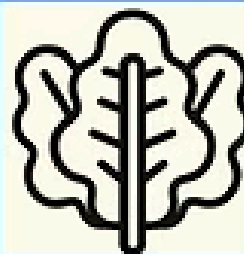
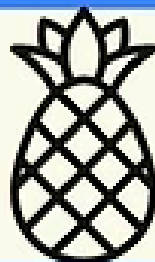
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Thursday

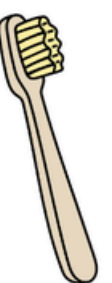


Friday





My Teeth Brushing Chart



Child's Name: _____

Parents Name: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Month: _____

Benefits Of Regular Dental Care For Kids

Oral hygiene plays a major role in overall health of a person. Children who follow a healthy dental regime are more likely to be healthy than those who don't.



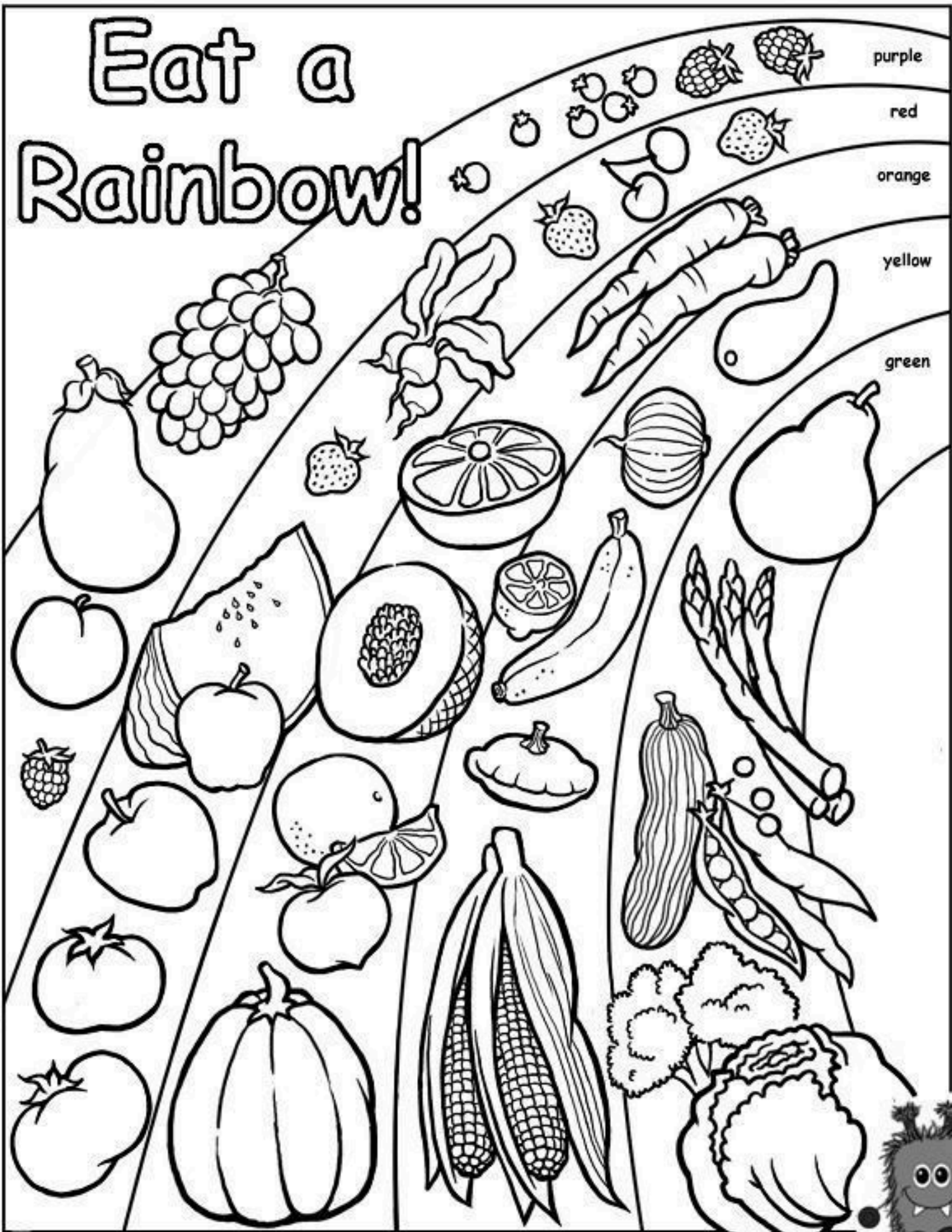
Dental care from an early age assists kids in learning healthy dental habits such as brushing and flossing.

Dental caries and cavities are very common among kids. However, regular dental care can significantly reduce tooth pain & also minimize chances of tooth decay.

Following a healthy dental care regime not only helps in preventing dental issues but also makes the teeth stronger.

Regular dental care habits can help in preventing germs from entering their body through the oral track.

Eat a Rainbow!



purple

red

orange

yellow

green

